

The Arlington Connection

Leni Gonzalez, chair of the Shirlington Employment and Education Center (SEEC) board of directors, congratulates Walter Tejada as she presents the Emily DiCicco award for his key role in establishing SEEC over 15 years ago. SEEC is an Arlington County funded program to connect temporary day laborers with potential employers. Claire Cherkasky, treasurer of the SEEC board, is on the right. SEEC celebrated its 15th anniversary on Sept. 30.



Honoring Tejada

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Fight for the Neighborhoods

Four Candidates vie for 40 percent of County Board.

By Vernon Miles
The Connection

There's no President, no congressional, and no governor on the ballot this year. And yet, for Arlington, the November Election could be one of the most important in recent county history. With County Board Chair Mary Hynes and Walter Tejada retiring at the end of the year, two seats open up on the County Board. In the last November County Board election, Incumbent and Independent John Vihstadt managed to stave off Democratic challenger Alan Howze to remain the County Board's sole non-Democrat. A year later, all eyes in Arlington turn towards the County Board in an election that could decide whether Arlington government remains Democratic or goes Independent.

THE DEMOCRATS

Candidates Katie Cristol and Christian Dorsey emerged from the crowded June Democratic Primary with 23 and 22 percent of the votes, respectively. Cristol works as an education consultant in strategic planning and implementation for education policies. Locally, she was appointed by the School Board and Randolph Elementary School to serve as the school's representative to the Arlington Public Schools Advisory Council on Instruction. Outside of education, Cristol was appointed to the Arlington Commission on the Status of Women and was regional chair of Women's Strike Force, a pro-choice Virginia Political Action Committee.

"I represent a different way of looking at things, especially with a background in public policy," said Cristol. "Of course, the biggest issue in this election is the schools and ensuring that they stay strong, so having the professional and personal background in education [is important]."

Dorsey's background is primarily in housing affordability. Dorsey served as the executive director for The Reading Connection, a nonprofit promoting literacy for children facing housing insecurity, and led the Bonder and Amanda Johnson Community Development Corporation, which provided community services and pushed for moderate-income housing in Arlington's Nauk neighborhood. Dorsey has also served on several boards of directors and, in county government, as a member of the Planning Commission and chair of the Tenant-Landlord Commission.

With backgrounds in education and affordable housing, both campaigned as "fresh perspectives" to the County Board.



Katie Cristol



Christian Dorsey



Audrey Clement



Michael McMenamín

"I've never understood how being a Democrat makes you not innovative and an independent," said Dorsey. "I've worked on issues that aren't part of the Democratic mainstream, like work on literacy for homeless children. I was talking about affordable housing long before it was fashionable because it was the right thing to do. A fresh perspective is looking outside the common conversation about what needs to be done. I have a demonstrated career of doing that. That I happen to be a proud Democrat doesn't minimize that."

For Cristol, part of the difference is in her age. At 30, Cristol would be the youngest member of the County Board.

"Some of the difference is generational," said Cristol. "It's having a young family and being part of that mindset. There is a difference in perspective that comes from being at a different point in life ... It's possible to have progressive values but see things differently."

For the Democratic candidates, these perspectives allow them to look at issues that don't often get attention in the County Board. For Cristol, childcare affordability in the community is an issue that isn't being talked about enough but is one she's encountered frequently during the campaign. For Dorsey, who's spent his career building communities, it's unacceptable that many in the Falls Church community feel separated from the County Board.

In listening to their opposition, Cristol and Dorsey both said they respect the idea that the County Board needs to be more responsive to its citizens. For Cristol, that means pairing the progressive values of Arlington with the increasing focus on budget consciousness. In part, Cristol said this means listening more and more to the local neighborhoods and ensuring funding for neighborhood conservation programs.

"The idea that we need to connect more with citizens, residents, and really listen to and understand their concerns more than just a public meeting: they're right about that," said Dorsey. "I'm not sure they've offered ideas that I think are going to move the ball forward, but I think that's an accurate diagnosis. And as we engage more, Arlingtonians are eager for someone who will be able to be a competent engager into the issues and willing to show leadership. That excites me. That's my orientation."

THE INDEPENDENTS

But this year, if the Democrats maintain those two seats on the County Board, it won't be without a fight. This year, Independents Michael McMenamín and Audrey Clement have stepped forward to challenge the Democratic grip on the County Board.

McMenamin's primary criticism with the County Board's direction has been its unwillingness to listen to neighborhood input. As a former president of the Arlington Civic Federation, McMenamín hopes to bridge the gap between Arlington government and the local communities. One of the biggest criticisms McMenamín says he hears from the community is towards what he sees as the county's wasteful spending on big projects, particularly pointing to the million dollar bus stop and the failed trolley plan as examples of the county's spending being out of touch with the community's needs.

But McMenamín's plans for fiscal responsibility extend beyond cancelling the big projects. While McMenamín said education is one of his key priorities, and that he would never do anything to compromise Arlington schools, McMenamín does say the county needs to take a serious look at revising how, and how much, the schools are funded.

"48 percent of the budget gets lopped off and sent to the schools," said McMenamín on the county's revenue sharing agreement with Arlington Public Schools. "The schools in the county don't share networks. It's like having two separate governments running at the same time, so what I'm talking about is leveraging those together and save us money in the long term."

With the limited parkland in Arlington, McMenamín also said he'd take a strong stance against building schools or affordable housing on Arlington's green space. Instead, McMenamín said the focus needs to be on expanding the existing schools, ideally vertically, rather than building entirely new facilities.

In addition to revisiting the schools' funding setup, McMenamín also proposed series of tax breaks for Arlington businesses to stimulate job growth and, hopefully, combat office vacancies. As the president of 3 Birches Lane LLC, a real estate investment trust company located in Arlington, McMenamín says he knows how expensive it can be to start a business here.

McMenamin also believes that whatever revenue is decreased in the loss of tax revenue would be covered by the amount of increased business.

Clement is a familiar face at County Board meetings, often speaking as a local activist for environmental issues and fiscal responsibility. Like McMenamín, Clement says she's very concerned about the high office vacancy rate throughout Arlington and what she called the Arlington County Board's "lip service" to the local communities. Clement cited the most egregious example as the county's work on the West Rosslyn Area Planning Sector, where the County Board already made deals with local developers before setting up a citizen's group to evaluate the site, and not telling the members of that group that deal had already been made.

"They proceeded with that plan irrespective of what the citizens wanted," said Clement. "That ends if I get elected. No major decisions are made before citizen input is solicited. That is probably the most important reform."

In addressing Arlington's financial issues, Clement said she joins with McMenamín in calling for a reduction on business taxes.

"Mike [McMenamin] is a businessman in this county, so I'll take his lead on this," said Clement. "If he says the taxes need to be reduced, then that's what needs to happen."

Like McMenamín, Clement's proposals on education could prove controversial.

"I've proposed reductions in the secondary level student teacher ratio," said Clement. "Increasing class size by one student, based on a calculator supplied by the school board, I believe that would save a minimum of \$10 million each year. We would evaluate impacts at the end of the year. We have the lowest student teacher ratio at the secondary level of any school in the metropolitan area. It's time for us to increase our secondary class size to reduce operating costs."

But what chance do two independents have of unseating the Democratic control? After all, this isn't the first election for either of the candidates. Clement has previously run for County Board four times, and McMenamín ran as a Republican in 2006 and 2007.

But Clement says she likes running for office, and that each time she accepts the advice and criticism she receives along the way, and becomes a better candidate. For McMenamín, it's a matter of timing. According to McMenamín, if ever there were a year to elect independents to the County Board, it's this year.

"It's the off-off year," said McMenamín. "There's no top of the ticket. There's no governor or senator, it's just core government county issues."

That means that there's an opportunity to have folks come out that are in tune with the community. They know who's a part of the community and who has been working in the community."

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SPECIAL THANKS TO **The Arlington Connection**

Masonic Lodge, Leader Honored

Awards reflect local lodge's community service

By Michael McMorrow
The Connection

At its annual state convention last month, The Most Worshipful Prince Hall Grand Lodge of Virginia Free & Accepted Masons bestowed its two highest honors for fraternal year 2014-15 upon an Arlington unit and its leader.

Arlington Lodge #58 was named "Lodge of the Year." Its 82 members were recognized for involvement in numerous community and charitable projects, for award of scholarships and other donations to worthy recipients and for development of a social media network of over 1,000 followers. In summation, Lodge #58 "has been able to prove themselves as one of the finest Prince Hall Lodges" in the entire Commonwealth of Virginia. Lacking state and district senior officials on its membership rolls, special note was taken that the local unit "performs splendidly without immediate supervision or oversight."

The leader of the local unit, Worshipful Master Julius D. Spain, Sr., was recognized as "Worthy Master of the Year." The approved recommendation endorsed his "progressive leadership" under the theme "Leading By Example." Mention was made of the successful project to erect an Arlington County historical marker "signifying over 127 years of faithful and dedicated service to the local community." The convention approval concluded that "this recognition reflects not only great credit upon Arlington Lodge #58 but the entire Prince Hall family."

The effect of the awards was both "humbling and exciting," according to Spain. "I was humbled to be



Photo contributed by Lodge #58

Most Worshipful Grand Master Roger C. Brown (left) congratulates Worshipful Master Julius D. Spain, Sr., of Arlington Lodge #58.

honored, and every one of our members was excited to be recognized at the state level." He went on to say the members deserve all the credit, "because they did all the work." The impact of all the recognition, according to Spain, is that Lodge #58 will use it "as a step to making more and better efforts to serve the community."

\$200,000 Raised for Doorways' Programs

Community members gave more than \$200,000 to Doorways for Women and Families during its sixth annual Brighter Futures Breakfast on Sept. 25.

The event, made possible by lead sponsors AvalonBay Communities, Clark Construction, The Keri Shull Team, Orange Line Living and the Shooshan Company, brought together 350 community members, including local business and civic leaders, government officials, neighborhood associations,

faith groups and individuals.

During the one-hour event, Doorways clients shared their journeys out of crisis, illustrating what the community makes possible by supporting Doorways' mission and programs.

To learn more about family homelessness, domestic violence and sexual assault in the community, visit www.DoorwaysVA.org. For those in need of support, call Doorways' 24-hour Domestic and Sexual Violence Hotline at 703-237-0881.

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Photo by Ed Knepley

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News



Virginia State Police are investigating a pedestrian crash that occurred on Tuesday, Sept. 29, in Arlington County.

Photo courtesy of Virginia State Police

“I fought for my country. Now I'm bringing the fight to my HIV.” – Reggie



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Highway Safety Supervisor Struck

Virginia State Police were on scene of a traffic crash in the right southbound lane of Interstate 395, less than a mile south of the Ridge Road overpass on Tuesday, Sept. 29 at 10:16 p.m. Safety Services Patrol Supervisor Mike Musgrove responded to the scene to assist the trooper by blocking oncoming traffic and directing traffic safely around the crash scene.

At approximately 10:23 p.m., a 2005 Toyota Matrix traveling south on I-395 lost control and ran through the traffic cones and flares that were set up as a perimeter to direct oncoming traffic around the initial crash. The Matrix struck Musgrove, who was standing next to his safety services patrol vehicle.

The Matrix then struck the safety truck and guardrail. Musgrove was transported to George Washington University Hospital in Washington, D.C., where he is currently being treated for life-threatening injuries. Musgrove is a VDOT contract employee. His vehicle emergency lights were activated at the time of the crash.

According to the Virginia State Police, the driver of the Matrix, a 39-year-old Alexandria man, was not injured in the crash. He was charged with reckless driving.

No one from the initial crash was injured in the incident.

Both crashes remain under investigation.

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 Duke Street - 3260 Duke Street - (703) 823-6070
 Grovetown - 6860 Richmond Hwy - (571) 420-5356
 Mt. Vernon - 7609 Richmond Hwy - (703) 768-2000

Entertainment

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

"PLAY: Tinker, Tech & Toy" Art Exhibit

Through Oct. 11, Wednesday-Sunday, 12-5 p.m. at the Arlington Arts Center, 3500 Wilson Blvd. "PLAY" is an exhibition that examines games and play through the lens of contemporary art. Free. Visit www.arlingtonartscenter.org/exhibitions/play for more.

"Yes, and." Through Oct. 11, during gallery hours at Wyatt Resident Artists Gallery on the Upper Level at Arlington Arts Center, 3550 Wilson Blvd. "Yes, and" is a group show featuring Arlington Art Center residents curated by Caitlin Tucker-Melvin. Free. Visit www.arlingtonartscenter.org/exhibitions.

"Friendship Betrayed." Through Oct. 11 at various times, at Gunston Theatre Two, 2700 S. Lang St. Avant Bard presents "Friendship Betrayed," a comedy by 17th-century Spanish writer María de Zayas y Sotomayor. The play is about women in love, and what happens to women's friendships in the pursuit of men. Tickets start at \$10, or pay-what-you can on select evenings. Visit www.wscavantbard.org for more.

"Metropolis: Perspectives of Two Cities" Exhibition. Through Oct. 25, gallery hours at the Jenkins Community Gallery on the Lower Level at Arlington Arts Center, 3550 Wilson Blvd. The exhibition displays the work of teenage photographers in partnership with CHAW (Capitol Hill Arts Workshop) after learning the aspects of creativity and marketing. Free. Visit www.arlingtonartscenter.org/exhibitions.

Crystal Scream. Mondays, Oct. 5-26 at sunset in the courtyard on S. Bell Street between 18th and 20th streets. Watch "Pet Sematary," "Scream," "Poltergeist," and "Exorcist." Free. Visit www.crystalcity.org for more.

Art Exhibit. Through Oct. 31 during gallery hours at Gallery Underground, 2100 Crystal Drive. The Focus Gallery presents paintings by 14 professional painters who met 28 years ago as graduate students in the MFA painting program at American University. Their media includes oil, collage, acrylic, encaustic, watercolor and mixed media. Free. Visit www.galleryunderground.org for more.

October Members Show. Through Oct. 31 during gallery hours at Gallery Underground, 2100 Crystal Drive. Find an exhibit of members' work in the Main Gallery, including sculpture, glass, ceramics, jewelry, watercolor, oil, acrylic and mixed media. Featured artist this month will be iconographer and Gallery member, Laura Clerici. Free. Visit www.galleryunderground.org for more.

"Ice and Sky: Photographs of Antarctica by Robin Kent." Through Nov. 2 Monday-Thursday 10 a.m.-9 p.m.; Tuesday-Wednesday 1-9 p.m.; Friday-Saturday 10 a.m.-5 p.m. at Cherrydale Branch Library, 2190 Military Road. Local landscape and landmark photographer displays work from Antarctica. Admission is free. Call 703-228-6330 for more.

"Girlstar." Oct. 13-Nov. 15 at various times at Signature Theatre, 4200 Campbell Ave. "Girlstar" is a musical combining witchcraft with pop music to detail the journey of a young

woman who believes she is destined for fame. Tickets start at \$25. Visit www.sigtheatre.org for more.

"Cake Off." Through Nov. 22, various times at Signature Theatre, 4200 Campbell Ave. Watch a satire dealing with stereotypical gender roles. Tickets start at \$72. Visit www.sigtheatre.org.

Arlington's Historical Museum to open on First Wednesdays. The Arlington Historical Museum, which until now was only open on weekends, will now be open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from its original Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistoricalsociety.org.

LGBT & Straight Friends Social. Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more information.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St., and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Mondays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday, 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Ball-Sellers House Tours. Saturdays,

April-Oct., 1-4 p.m. at The Ball-Sellers House, 5620 3rd St. S. This year marks the 40th anniversary of the Arlington Historical Society receiving the house from Marian Sellers in 1975 for \$1. Free. Visit www.arlingtonhistoricalsociety.org.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit <http://www.iotaclubandcafe.com/>.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie's. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

THROUGH NOV. 8

"Alice in Wonderland." Wednesday-Saturday, 8 p.m.; Sunday, 2 p.m. at Synetic Theater, 1800 S. Bell St. Watch Synetic's production of the Lewis Carroll classic. Tickets start at \$15. Call 866-811-4111 or visit www.synetictheater.org to buy tickets.

WEDNESDAY/OCT. 7

Urban Agriculture Month: Author Event. 7-8:30 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. Author Jeff Lowenfels will discuss books one and two of the Teaming Trilogy, "Teaming with Microbes: The Organic Gardener's Guide to the Soil Food Web" and "Teaming with Nutrients: The Organic Gardener's Guide to Optimizing Plant Nutrients." Free. Visit www.arlingtonva.us for more.

THURSDAY/OCT. 8

"Mrs. Lee's Rose Garden: The True Story of the Founding of Arlington." 7 p.m. at Marymount University, 2807 N. Glebe Road. Carlo DeVito will discuss his book "Mrs. Lee's Rose Garden," the story of Arlington National Cemetery's earliest history as seen through the lives of three people during the outbreak of the Civil War: Mary Ann Randolph Custis Lee, Robert E. Lee, and Montgomery C. Meigs. Free. Call 703-942-9247.

"Fern Identification Simplified." 7:30 p.m. at Green Spring Gardens, 4603 Green Spring Road. Retired biologist Dr. Paulette Royt will simplify the world of ferns by describing their structure explaining the basic criteria used to identify them. Free. Visit www.vnps.org/potowmack/events for more.

Darlingside Performance. 8:30 p.m. at Iota Club & Cafe, 2832 Wilson Blvd., Arlington. Darlingside's music is a blend of 1960s folk, classical and indie-rock influences. Tickets are \$12 at the door. It is a 21+ show. Visit www.iotaclubandcafe.com for more.

THURSDAY-FRIDAY/OCT. 8-9

"Climate Exploratorium." 6 p.m. at 900 N. Glebe Road. In partnership with Virginia Tech, this performance

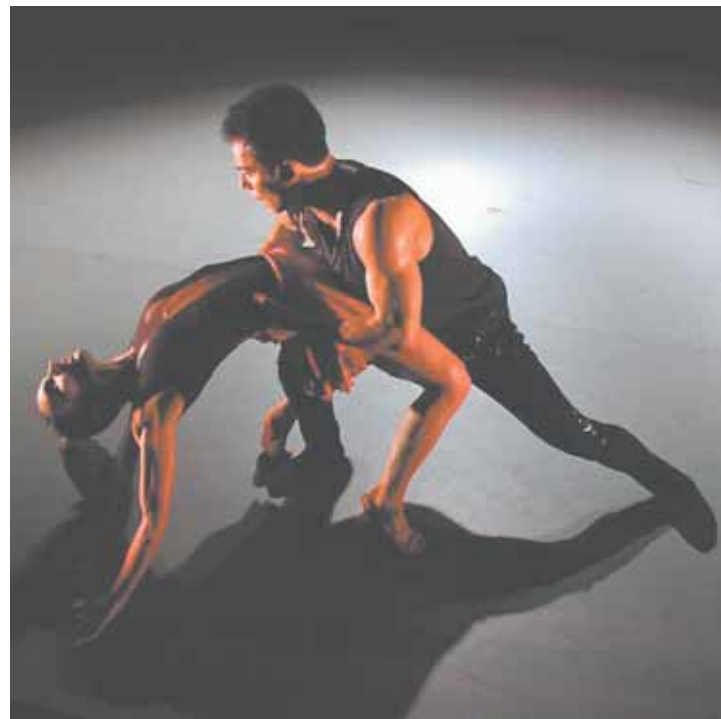


Photo by John McCauley

Bowen McCauley Celebrates 20 Years

Bowen McCauley Dance Company of Arlington celebrates 20 years with performances of "What'll Ya 'Ave Luv," which was the company's debut performance, "Lucy's Playlist," and "Bach Chaconne in D minor" Oct. 24-25. The Saturday performance will be followed by an after-party on Saturday. The performance will be held at Dance Place, 3225 8th St. NE, Washington, D.C. Tickets for the performance are \$15-30, tickets to the after-party are \$25. Visit www.bmdc.org.

explores local and global challenges related to climate change in urban environments. There is a \$20 suggested donation. Visit www.bmdc.org.

value of your antique and advise you on how/where to sell it or where to get it repaired or restored, if necessary. The house will also be open for tours starting at 12 p.m. Donations are \$25. Visit www.arlingtonhistoricalsociety.org for more.

FRIDAY/OCT. 9

Not So Silent Cinema's "VAMPYR." 8 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. Arlington Arts is kicking off the Halloween season with a screening of Carl Theodor Dreyer's 1932 film "Vampyr" with Not So Silent Cinema performing their new live score. Not So Silent Cinema's score is a mix of acoustic and electronic elements. Free/ Visit www.arlingtonarts.org.

Naturalist Guided Trail Sniff. 10-11 a.m. at Potomac Overlook Nature Center, 2845 N. Marcey Road. Join a naturalist for a look into the park from a dog's perspective. Learn about other wildlife dogs' might encounter in the park, and many of the scents that attract and interest canines. Well socialized dogs only. Free. Visit www.parks.arlingtonva.us for more.

Saint Ann Family Fall Festival. 10 a.m.-4 p.m. at Saint Ann School & Church, 980 N. Frederick St. Find entertainment for children and adults including a white elephant sale and carnival rides. Free. Visit www.stann.org for more.

FRIDAY-SUNDAY/OCT. 9-24

"Little Shop of Horrors." Various times at Thomas Jefferson Theatre, 3501 Second St., South. The Arlington Players present the Broadway comedic musical. Tickets are \$20-23. Visit www.thearlingtonplayers.org for more.

SATURDAY/OCT. 10

Boundary Stone Bike Tour. 9:15 a.m. at the entrance to East Falls Church Metro Station. Travel along the Mount Vernon Bike Trail, Four Mile Run Bike Trail, Washington and Old Dominion Railroad Bike Trail and local street to see 12 historic D.C. boundary stones in Arlington, Alexandria and Fairfax County. The event is free for members of the Center Hiking Club, \$2 for non members. Visit www.centerhikingclub.org for more.

Ball Sellers Antique Appraisal Roadshow. 10-11 a.m. at Ball-Sellers House, 5620 3rd St. S. The Second Annual Appraisal Roadshow is designed to raise funds for repair and maintenance of the the Ball-Sellers House. For a donation to Ball-Sellers, a gemologist from Paradigm Experts and a guest generalist appraiser, will assess the age and

SUNDAY/OCT. 11

16th Annual Mid-Atlantic Oktoberfest. 12-7 p.m. at The Village at Shirlington, 4000 Campbell Ave. Breweries offer 4 oz. samples to accompany a day of authentic German food, music, and more. Tickets are \$30. Visit www.facebook.com/CapCityOktoberfest.

Wine Tasting. 4-6 p.m. at ScrewTop Wine Bar, 1025 N. Fillmore St. Attend the 3rd Annual KidSave Wine Tasting. Tickets are \$50. Visit www.kidsavewinetasting.eventbrite.com.

Walking Dead Premiere Party. 8-11:30 p.m. at Twisted Vines Bistro and Bottleshop, 2803 Columbia Pike. The restaurant will serve themed drinks and appetizers. Tickets are \$45. www.twisted-vines.com.

TUESDAY/OCT. 13

Spark Frenzy: Tropical Storm. 3 p.m. at Crystal City FreshFarm Farmers Market, Crystal Drive, between 18th and 20th streets. Tropical Storm allows community

Entertainment

residents and workers to rescue tropical ferns and other plants that would otherwise be thrown into the compost pile. Once brought inside, these tropicals can thrive all-year long in a home or office. Free. Visit www.crystalcity.org for more.

The Air Force Historical

Foundation's Doolittle, Spaatz, and Holley Awards. 4 p.m. at Air Force Memorial and Army Navy Country Club, Army Navy Drive. The 509th Bomb Wing, Whiteman AFB, MO will receive the Doolittle Award; General (Ret.) Ronald Fogleman will receive the Spaatz Award; and Dr. Richard Hallion will be honored with the Holley Award. Dr. Dennis Okerstrom and Dr. John T. Farquhar will also be recognized. Tickets are \$75 for members of the Air Force Historical Foundation and \$90 for non-members. Military will be afforded membership rates. Visit www.afhistoricalfoundation.org for more.

WEDNESDAY/OCT. 14

Author Talk. 7 p.m. at Arlington Central Library, 1015 N. Quincy St. Author Kelly Williams Brown will discuss her book, "Adulthood: How to Become a Grown-Up in 468 Easy (ish) Steps." Free. Visit www.onemorepagebooks.com for more.

THURSDAY/OCT. 15

Harvest for Hope Breakfast. 8-9 a.m. at the Sheraton Hotel, 900 S. Orme St. Sponsored by Volunteers of America Chesapeake. Free; donations accepted. Visit www.VOAches.org/harvestforhope.

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Robert Dorr will discuss his book "365 Aircraft You Must Fly," which describes the world's largest and smallest aircraft. Free. Visit www.onemorepagebooks.com for more.

FRIDAY/OCT. 16

Baroque Banquet. 8 p.m. at St. George's Episcopal Church, 915 N. Oakland St. Listen to a concert of diverse sonatas by French and German Baroque masters performed by period instrument ensemble Les Bostonades. Tickets are \$25 for adults and \$10 for students 18 and under. Visit www.capitolearlymusic.org for more.

SATURDAY/OCT. 16-18

U.S. FreedomWalk Festival. 3-6 p.m. on Friday, 7 a.m.-6 p.m. on Saturday, 7 a.m.-4 p.m. at 1900 N. Fort Myer Drive. The FreedomWalk Festival is a three-day long social walking challenge meant to bring together people of different backgrounds. Different trails are offered each day at a variety of distances from 3-27 miles starting at the Holiday Inn. Costs vary. Visit www.usfreedomwalk.org for more.

SATURDAY/OCT. 17

Columbia Pike Pop-Up Gallery. 11 a.m.-5 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Arlington photographers Lloyd Wolf, Aleksandra Lagkueva, Mimi Xang Ho, Paul Endo and Duy Tran have been documenting the change in Arlington's cultural landscape. View the one-day photo exhibit. Free, but reservations required. Visit www.columbia-pike.org for more.

Teens Read (and Write) Event. 12-4 p.m. at Arlington Central Library, 1015 N. Quincy St. 15 Young Adult authors will be on hand to celebrate Teen Read Week. Free. Visit www.onemorepagebooks.com for more.

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Eric Lichota will discuss and sign his book "Five Uniforms: A WWII Story Like No Other." Free. Visit www.onemorepagebooks.com for more.

Mozart and Friends. 7:30 p.m. at Rosslyn Spectrum Theatre, 1611 N. Kent St. The National Chamber Ensemble will perform music composed by Mozart, Beethoven, Hoffmeister and more. Tickets are \$33, \$15 for students. Visit www.NationalChamberEnsemble.org for more.

ACAtoberfest. 7:30-9:30 p.m. at Arlington Temple United Methodist Church, 1835 N. Nash St. DC's Supreme Chord and Boston's Ball in the House present ACAtoberfest, an a cappella concert. Tickets are \$17. Visit www.supremechordsings.com for more.

BalletNova's Global Dance Showcase. 7:30 p.m. at Fredgren Studio Theatre, BalletNova Center for Dance, 3443 Carlin Springs Road, Falls Church. Furia Flamence, a Spanish flamenco dance company; Nomad Dancers, a collective inspired by dance traditions of Iran, Uzbekistan, Afghanistan, Azerbaijan, Tajikistan, India and Turkey; Four Seasons Dance Group, presenting dances from Armenia and Russia; Jayantika Dance Company, specializing in Odissi dance from India perform. Tickets are \$15, \$12 for students and seniors 60+. Visit www.BalletNova.org.

Live Music. 8-9:30 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Falls Church. Mouth of Babes will give a concert to benefit the efforts of Americans United for Separation of Church & State, which represents members and supporters in all 50 states and the District of Columbia. Visit www.stonerroomconcerts.com.

SUNDAY/OCT. 18

Kinhaven 5k. 9-11 a.m. at Bluemont Park, 601 Manchester St. A 5K, 1K fun run and toddler dash to benefit Kinhaven Preschool in Ballston. Registration is \$30 online and \$35 on day of the race. Visit www.runinkinhaven.com.

An Afternoon With Encore. 12-1:30 p.m. at Kinder Haus Toys, 1220 N. Fillmore St. Encore Stage & Studio's cast of "Hansel & Gretel" visits the store for an afternoon of theatre games, storytelling, and a sneak preview of the play. Free. Call 703-527-5933 for more.

"Dyshonesty" Screening. 2:30-4 p.m. at George Mason University, 3351 N. Fairfax Drive. This documentary attempts to reveal how and why people lie. Free. Visit www.stsachurch.org/dyshonesty.

Arlington Philharmonic 10th Anniversary Season Launch. 3 p.m. at Washington-Lee High School, 1301 N. Stafford St. The Arlington Philharmonic launches its 10th Anniversary Season with works by Bach - "Prelude in G minor;" Beethoven - "Violin Concerto" featuring soloist Amy Beth Horman; and Brahms - "Symphony No. 1." Free, \$20 donations accepted. Visit www.arlingtonphilharmonic.org.

MONDAY/OCT. 19

Author Talk. 7 p.m. at One More Page Books, 2200 N. Westmoreland St. Counter-terrorism expert and author Anne Speckhard will discuss and sign her book "Bride of ISIS: One Young Woman's Path into Homegrown Terrorism." Free. Visit www.onemorepagebooks.com for more.

Author Event. 7 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St. A former deputy director

of the Central Intelligence Agency speaks on America's fight against terrorism. His book, "The Great War of Our Time," is a rich examination of the fight by the man Politico calls the "Bob Gates" of his generation. Free. Call 703-228-6321.

TUESDAY/OCT. 20

"Stolen Beauty." 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. "Stolen Beauty," inspired by real-life events surrounding the so-called "Flea Market Renoir," is part of First Draft's free New Play Reading Series designed to encourage audiences to explore and engage. Free. Visit www.firstdraft.org for more.

THURSDAY/OCT. 22

Author Talk: Judy Blume. 7 p.m. at Washington-Lee High School, 1301 N. Stafford St. Author Judy Blue will discuss "In the Unlikely Event," her first novel for adult readers. Free. Visit www.onemorepagebooks.com for more.

FRIDAY-SUNDAY/OCT. 23-25

Marine Corps Marathon Weekend. Events like the Health & Fitness Expo, First Timers Pep Rally, Runners bRUNch, and more, lead up to the main event, the 40th Annual Marine Corps Marathon, on Sunday at 7:55 a.m. and the MCM Finish Festival. Visit www.marinemarathon.com.

SATURDAY/OCT. 24

Octoberfest Sale. 9 a.m.-2 p.m. at Walker Chapel United Methodist Church, 4102 N. Glebe Road. Features gently used clothing, furniture and household items, crafts, jewelry and boutique, bake sale, silent auction. Free to attend. Call 703-538-5200 or visit www.walkerchapel.org for more.

Oktoberfest. 6-10 p.m. at NRECA, 4301 Wilson Blvd. The Annual Gala is Arlington Academy of Hope's biggest fundraiser of the year and helps many children go to school, get life-saving medical care, and more. Find food, beer, wine, and music. Tickets are \$100 each. Visit www.aahuganda.org for more.

SATURDAY-SUNDAY/OCT. 24-25

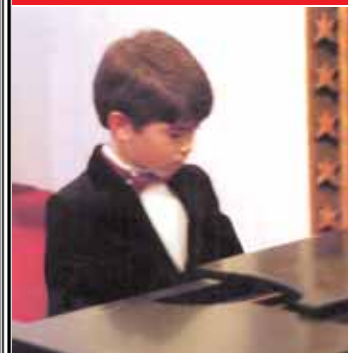
Bowen McCauley Dance: 2 Decades. 8 p.m. on Saturday, 7 p.m. on Sunday at Dance Place, 3225 8th St. NE, Washington, D.C. Bowen McCauley Dance Company of Arlington celebrates 20 years with performances of "What'll Ya 'Ave Luv," "Lucy's Playlist," and "Bach Chaconne in D minor." Performance will be followed by an after-party on Saturday. Tickets for the performance are \$15-30, tickets to the after-party are \$25. Visit www.bmdc.org.

SUNDAY/OCT. 25

Mystery & Thriller Author Panel. 1 p.m. at One More Page Books, 2200 N. Westmoreland St. Author Anthony Fraze will moderate a panel including Jenn Milchman, E.A. Aymar and Steve Piacente. Free. Visit www.onemorepagebooks.com.

"Food Chains." 7-10 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. "Food Chains" is an expose about a group of Florida farmworkers battling to defeat the \$4 trillion global supermarket industry through their Fair Food program, which partners with growers and retailers to improve working conditions for farm laborers in the United States. Tickets are \$6. Visit www.immigrationfilmfest.org or www.IMFilmFest.eventbrite.com.

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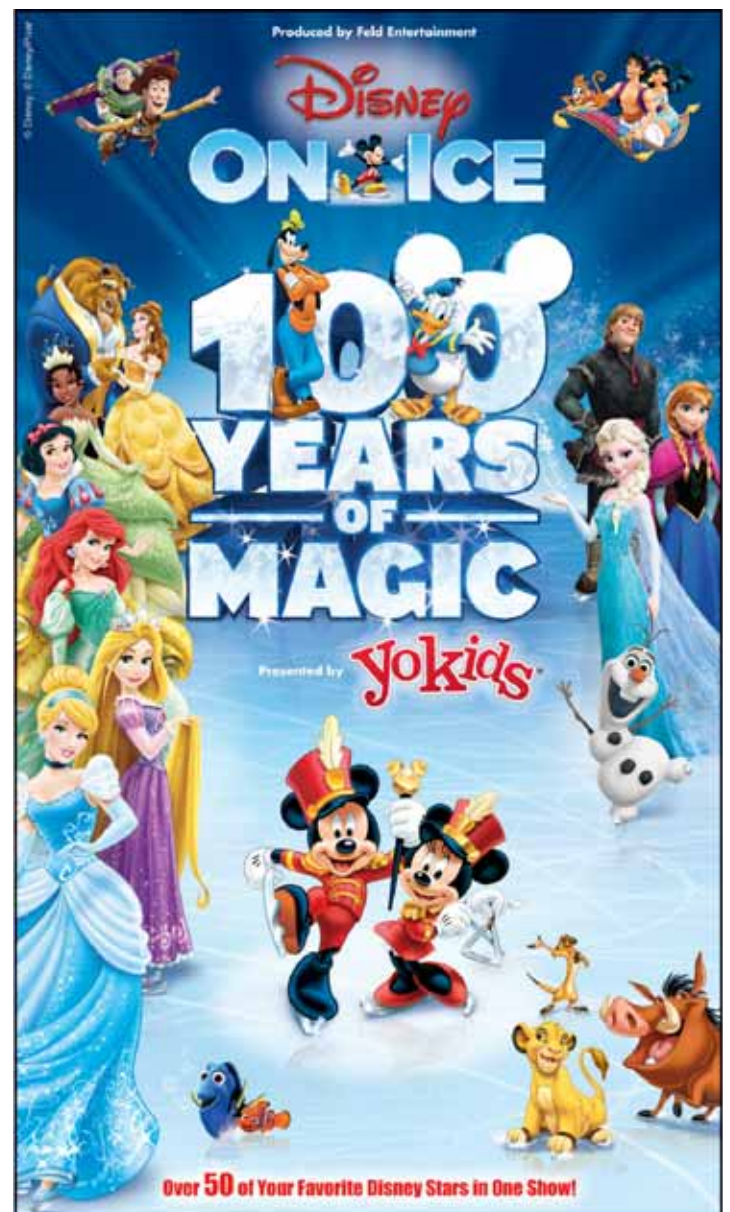
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Opinion

Vote Now, Just in Case

Early voting available for most voters now; vote by Nov. 3.

The news is all about Donald, Hillary, Bernie, Carlie, Joe and Jeb. That's next year, November 2016. The election in less than a month matters here in Northern Virginia. What are your priorities? Do you think quality schools are essential? Do you wish for better transportation and traffic solutions? Is protecting the environment important to you? Do you care about police transparency? Do you think gerrymandering is a problem? Are you worried about how public money is being spent? These are all local concerns, and these and many, many others are the issues that will be affected by next month's election.

Especially in a Dillon Rule state such as Virginia, where localities have only the powers specifically granted by the state General Assembly, who is elected at the state level is critical.

An earthquake, hurricane, early snow, or just one of those cataclysmic traffic days could make it hard to vote on Election Day, Nov. 3. On that day, virtually every state and local office is on the ballot. In-person absentee voting begins is underway, and is a good way to ensure you have your say in this critical local election.

Virginia Law allows voters to vote absentee if they could be "working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day." You're allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day. If you qualify, you can vote early in-person, see sidebar.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to www.sbe.virginia.gov.

Voters in Arlington will choose one in Virginia Senate; one in Virginia House of Del-

egates; County Constitutional offices including Clerk of the Court, Commonwealth's Attorney, Sheriff, Treasurer and Commissioner of Revenue; two seats on the County Board, and one on School Board. For sample ballots and more information, visit <http://vote.arlingtonva.us/>

It's also worth noting that new, more restrictive voter identification regulations took effect last year. Voters arriving to the polls without required photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted. Photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the "acceptable" forms of identification: Valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; Other government-issued photo identification cards (must be issued by U.S. government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth); valid college or university student photo identification card, must be from an institution of higher education located in Virginia; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; Virginia Voter Photo ID Card obtained through any local general registrar's office. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

For More Election Information
Arlington Voter Registration & Elections
2100 Clarendon Blvd, Suite 320
Arlington, VA 22201
Hours: 8 a.m.-5 p.m. Monday-Friday
Phone: 703-228-3456;
TTY: 703-228-4611
FAX (main): 703-228-3659
Fax (absentee applications): 703-228-3705
email: voters@arlingtonva.us

www.inside.transform66.org/meetings/default.asp

THURSDAY/OCT. 8

Arlington Community Foundation Information Session. 8:30-10 a.m. at Department of Human Services Center (conference room D, low level), 2100 Washington Blvd. This information session is designed to help nonprofits build operating reserves and strengthen their financial stability through the Foundation's investment program. Free. Visit www.arlcf.org for more.

2nd Annual NOVA Pride Multifaith Worship Service. 7:30-8:30 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Churches from Alexandria, Annandale, Arlington, Centreville, Fairfax, Oakton, Sterling, Leesburg, and McLean

See Bulletin Board, Page 13

Edit orial

Bulletin Board

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

THROUGH NOVEMBER

Borrow Gardening Tools. Wednesdays: 5-7 p.m., Fridays: 3-5 p.m., Saturdays: 10 a.m.-12 p.m. at Arlington Central Library, 1015 N. Quincy St. "The Shed" at Arlington Central Library is open and lending gardening tools to Arlington residents and property owners. Free. See library.arlingtonva.us for more.

WEDNESDAY/OCT. 7

1-66 Inside the Beltway Public Information Meeting. 7-9 p.m. at Washington-Lee High School, 1301 N Stafford St. Visit

www.ConnectionNewspapers.com

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Wakefield sophomore James Clark carried the ball at the varsity level for the first time on Oct. 1 and finished with 73 yards and two touchdowns against Mount Vernon.



Wakefield running back George Brooks scores on a 9-yard run during the Warriors' 45-0 win over Mount Vernon on Thursday.

Photos by Craig Sterbutzel/The Connection

Wakefield RB Committee Plows Through Mount Vernon

Warriors rush for 360 yards during 45-0 victory over Majors.

By Jon Roetman
The Connection

After receiving his first varsity carries during the second half of Thursday's blowout victory against Mount Vernon, Wakefield junior George Brooks described the experience.

"It was fun," No. 33 said. "I haven't done it since freshman [year], so it was ..."

Brooks paused.

"I liked it a lot," Brooks said with a laugh.

Brooks plowed through the Mount Vernon defense eight times for 63 yards and a touchdown during the Warriors' 45-0 demolition of the Majors on Oct. 1 at Wakefield High School. The victory improved the Warriors' record to 3-2 while extending their win streak to three games.

Brooks was part of a Wakefield running back committee that excelled despite the absence of standout tailback Leon Young, who watched from the sideline on crutches after suffering a lower-leg injury during Wakefield's victory over Falls Church the

previous week. While Brooks did his damage in the second half, the ball-carrying trio of sophomore James Clark, junior Fred Bowles and senior Chris Robertson helped Wakefield build a 31-0 halftime advantage.

Clark burned Mount Vernon on the perimeter, while Bowles and Robertson piled up yards between the tackles. The Warriors finished with 360 yards and six touchdowns on the ground.

"We were a little bit worried," Wakefield head coach Wayne Hogwood said. "Last week, Leon went out halfway through the second half of that game and we kind of faltered a little bit on offense. Tonight, we came and picked it up as a committee. ... Everybody contributed. Chris ran hard, James ran hard, Fred ran well ... even Erik Howard, our third-string tailback, came in and was able to move the ball. By committee, that's an excellent job."

Clark, Wakefield's JV quarterback, was moved into a tailback role for the varsity after Young's injury. Carrying the ball for the first time at the varsity level, No. 1 rushed 10 times for 73 yards and two touchdowns.

Did Clark's approach change following his position switch?

"Not so much, because my first instinct as a quarterback is to scramble," he said. "It's basically the same. My first instinct is to run, so as soon as I get the ball I'm just

taking off."

Clark took a toss around the right end for a 15-yard touchdown on the game's opening possession.

"Leon's down, so we moved him up," Hogwood said. "We didn't expect him to have to do this until next year, but we got a taste of it early."

Bowles got the chance to be a primary contributor when returning standout Kareem Hall was ruled ineligible prior to the start of the regular season. On Thursday, Bowles carried 15 times for 103 yards and two touchdowns. His 1-yard score with 10:59 remaining in the second quarter extended the Warriors' lead to 28-0.

"We've had a great, great fill-in by Fred Bowles," Hogwood said. "Fred has stepped in — he almost looks like Kareem — so we haven't lost a step."

Robertson finished with 12 carries for 110 yards and a touchdown. His 2-yard score on fourth-and-1 gave Wakefield a 21-0 lead with 2:55 left in the opening quarter.

Howard carried four times for 19 yards.

While Wakefield's running backs played well, Hogwood credited the offensive line for the success of the ground game. Senior left tackle Julius Johnson, junior left guard Xavier Cooper, senior center Miles Kerby, senior right guard Ryan Jones, junior right tackle Ian Harris and sophomore tight end Lamont McDowell opened holes for

Wakefield ball carriers, helping the Warriors score 40 or more points in a game for the sixth time since the start of the 2014 season.

Sophomore Bruno Araujo also saw time at guard.

"I've got to give all the credit up front," Hogwood said. "The guys up front do a great job. It didn't matter who we put back there today, we ran the ball well."

The Wakefield defense also put forth a dominant performance, posting its third shutout in the last two seasons. The Warriors held Mount Vernon to 21 yards of offense and two first downs.

"I feel like we played outstanding," said senior nose guard Anthony Tham, whose crushing hit on a Mount Vernon ball carrier was still being talked about after the game had ended. "We had a bunch of injuries, but everybody who got on the field picked it up."

Thursday's game was originally scheduled for Friday, but moved up due to potential inclement weather. The decision to play a day early was made shortly after 2 p.m. Thursday. While Mount Vernon head coach Barry Wells acknowledged both teams had to deal with the situation, he said the Majors never settled into a rhythm.

"Both teams had to react and I get that, [but] we were never in sync from the time we left the school," Wells said. "... It definitely had an impact. We got away from the school late, kids are going home to get stuff to wear in the rain and by the time we got here it was 6:35 ... for a 7 o'clock kickoff. [We] asked them to extend the start time, they gave us 7:10, but you can't get off the bus and get into any kind of [successful] rhythm in that short span of time. The kids, their heads weren't there. They didn't play well.

"... [Wakefield is] a good team, they're a strong team, they play smash-mouth football and you've got to be able to stand up against that kind of thing."

Next up for Wakefield is a home game against Edison at 7 p.m. on Friday, Oct. 9. Mount Vernon (2-3) will host Annandale.



Wakefield junior Fred Bowles rushed for 103 yards and two touchdowns during Thursday's 45-0 win over Mount Vernon.



Wakefield senior Chris Robertson finished with 110 yards and a touchdown against Mount Vernon on Thursday.

News



Arlington County Photo

Cleanup on North Stuart

Arlington County crews worked into Saturday night, Oct. 3, clearing a tree that fell Friday on the 1200 block of N. Stuart Street. No one was injured but a UPS truck in the street was hit and power was knocked out to the area, which includes Washington-Lee High School. Lights were restored a few hours later.

Bulletin Board

From Page 11

will support a worship service, "The Faithful Road; A Shared Journey of Gratitude and Commitment." Visit www.novapride.org/2015-festival.

FRIDAY/OCT. 9

"Fall-Risk" Assessments. 1-4 p.m. at Carlin Springs Health Pavilion, 601 S. Carlin Springs Road. Virginia Hospital Center and Marymount University will provide comprehensive examinations measuring one's risk for falling down. Appointments will include a one-on-one medication review, blood pressure check, vision screening, and six physical therapy tests to assess balance. This is of special interest to older patients. Free. Call 703-237-9048 to schedule an appointment.

SATURDAY/OCT. 10

"Women Driving the Economy." 8 a.m. at George Mason University Founders Hall, 3351 Fairfax Drive. U.S. Rep. Don Beyer has organized the first Women's Economic Conference: Women Driving the Economy in collaboration with George Mason University. The event's keynote speaker is Small Business Administration Administrator Maria Contreras-Sweet, who oversees the organization responsible for creating nearly two out of three new private sector jobs in our economy and half the private sector workforce. Free. Registration required. Visit beyers-womendrivetheeconomy.eventbrite.com.

Animal Blessings. 4 p.m. at St. Mary's Arlington, 2609 N Glebe Road. Free. Visit www.stmarysarlington.org.

WEDNESDAY/OCT. 14

Arlington Neighborhood Villages

Open House. 6-8 p.m. at National Rural Electric Cooperative Association Conference Center, 4301 Wilson Blvd. Learn more about what Arlington Neighborhood Villages has to offer for interested parties and potential volunteers. Free. Visit www.arlnvil.org.

THURSDAY/OCT. 15

"From Menstruation to Menopause." 7-9 p.m. at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Kelly Valceanu, CNM, IBCLC, of Midwifery Care Associates in Rockville, Md. will talk about women's monthly cycles and what happens as they near their end. The presentation will focus on what to expect from peri-menopause and menopause and how to approach these transitions in a holistic way. Free. Call 703-801-8651 or email rajaenami@yahoo.com.

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"One Less Thing"



By **KENNETH B. LOURIE**

Forrest Gump knew. Although not having to worry about money anymore because Lt. Dan invested their Bubba Gump Shrimp money into "some kind of fruit company" (Apple) is hardly akin to having cancer and awaiting the results of one's brain MRI, still: worry is worry. And the less of it, and the fewer reasons for it, the better. And a cancer patient, yours truly in fact, receiving an e-mail from his oncologist, saying succinctly: "brain MRI looked good" means I have less to worry about - for now.

Not that I feel (not usually, anyway) as if my life is hanging in the balance. I don't, really, but it's hanging somewhere, and that somewhere is rarely in any kind of balance. More of a cycle. The reason being: your life (at least mine) is a series of lab visits/lab work, urine collections, chemotherapy infusions/targeted treatments, diagnostic scans, face-to-face and/or phone appointments with your oncologist; phase 1, 2 or 3 Study and/or Clinical Trial considerations, and on and on and on; and none of that has anything to do with the many remedies I employ at home. As a consequence, cancer becomes the dominant and recurring theme in your life. You'd rather it wasn't, but a diagnosis of stage IV cancer has a tendency to focus and preoccupy your mind. A mind that, six and half years post-diagnosis, is still finding its way through the cancer labyrinth, and a mind which is not being wasted and one that, at least until my first PET Scan in six and a half years in two weeks, is semi at ease.

It is these intervals that you cherish; when you can sort of sit back and relax, and pretend that all is right with your world and that cancer is not a part of it. But then you wake up and realize that it was only a dream. Still, any dream though, day or night; or moment in time, when you can delude yourself, manipulate your circumstances, alter your ego and/or find respite from the daily grind, is a day to treasure. And it is these post-scan and pre-scan days/weeks when results have indicated (confirmed is a bit too presumptuous; I never want to poke the bear) that for the moment one's status is quo; more specifically, one's brain and/or in my case, lungs, have not succumbed to the resident evil that is cancer, that are my favorites.

So life goes on. Thank God! And thank modern medicine and my oncologist as well; thank Rebecca Nenner, my Certified Holistic Health and Fitness Coach; thanks to friends and family and readers for all their support and encouragement; thank my DNA/genetic code for tolerating and responding to all the various treatments, supplements, alternatives, etc., which have been a part of my survival for these past six and half years, and thank my lucky stars for everything. It's not the most fun I've ever had, but I have to admit, beating the odds and being called a "miracle" by one's oncologist is pretty damn satisfying; and one more "thing" for which I can be extremely grateful.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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21 Announcements

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21 Announcements

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Let's Go Places



Senior Living

OCTOBER 2015

The
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Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

BY MARILYN CAMPBELL
THE CONNECTION

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE).

The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

Patricia Sullivan, interim operations manager for Arlington Neighborhood Villages, reports that the organization is growing and

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

adding services at a slow but steady and deliberate pace. In fact, two new services were added in August, "Walking Buddies" and "Friendly Vis-

tors."

"With the walking buddy service, members can request a volunteer who can take a walk with them around their neighborhood. We had one member who is blind request someone to walk with her and her service dog," said Sullivan. "With the friendly visitors service, a volunteer goes over to someone's house to spend time with them. There was one instance where a volunteer went over to a member's house to

watch a football game with him."

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in setting up villages. Interest in the village concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liaison with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele Garrett, executive director of AHA. "If they need IT support or if they're trying to get



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Tom Crowley, Christena Nielsen and Jack Clopper enjoy an At Home in Alexandria picnic.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon at a local Virginia restaurant.

Details

For more information about local aging villages:

- Arlington Neighborhood Villages: <http://arlnvil.org>
- Alexandria: www.athomeinalexandria.org/
- Washington Area Villages Exchange (WAVE): wavevillages.org
- Fairfax County: www.fairfaxcounty.gov/hd/ltccc/villages.htm
- Mount Vernon at Home Village: www.mountvernonathome.org

their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello."

THE SERVICES OFFERED vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

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Flourishing After 55 in Arlington

There are six senior centers in Arlington, three in north Arlington and three in south Arlington. Residents 55 years of age and older can sign up for a 55+ Pass with the Office of Senior Adult Programs (OSAP), a unit of the Department of Parks & Recreation, and gain immediate access to all center activities and programs. They will also receive a bi-monthly, 36 page, "55+ Guide," detailing activities at each center as well as a list of trips offered by the 55+ Travel office. The cost is \$20 annually. OSAP also offers a 55+ Gold Pass which adds access to the county's exercise facilities at community centers for a fee of \$60 annually.

Each senior center has a variety of fitness classes, plus recreational and social programs, music and art appreciation, walking and cycling programs, line dancing, safety and wellness classes, book clubs and retirement planning help, seasonal programs on gardening and cooking and much more.

Jennifer Collins, acting OSAP program manager, said, "Folks who discover a senior center are amazed at the quality and number of diverse programs available." She also said that while each center has free parking, there is a transportation program, SCAT, that offers a pre-arranged taxi ride to the center and back for \$2.50 each way. Call for more information, 703-892-8747.

Senior centers are Lee, 5722 Lee Hwy, 703-228-0555; Langston-Brown Senior Center, 2121 N. Culpeper St., 703-228-6300; Culpepper Garden, 4435 N. Pershing Dr., 703-228-4403; Walter Reed, 2909 S. 16th St. 703-228-0955; Arlington Mill, 909 S. Dinwiddie St. 703-228-7369; Aurora Hills, 735 S. 18th St., 703-228-5722.

To receive a complimentary copy of the "55+ Guide," call 703-228-4721 or email, osap@arlingtonva.us.

"Flourishing After 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Oct. 12-17.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior trips: Tuesday, Oct. 13, U.S. Supreme Court, D.C., \$6; Friday, Oct. 16, Winterthur, Del., Tiffany Glass exhibit, \$27. Call Arlington County 55+

Travel, 703-228-4748. Registration required.

Inside the life of artist Gustave Klimt, Monday, Oct. 12, 1 p.m., Aurora Hills, \$6. Register, 703-228-5722.

Classical music appreciation, Monday, Oct. 12, 1 p.m., Langston-Brown. Free. Register, 703-228-6300.

Pickleball games and instruction, Mondays, 11 a.m., Arlington Mill. Free. Register, 703-228-7369.

Ice skating, Mondays, 8 a.m. - 9:10 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1. Register, 703-228-4745.

Madison Chess Club, Mondays, 9:30 a.m. Games and strategies. Free. Details, 703-534-6232.

Table tennis, Monday through Friday, 9 a.m. - 3 p.m., Arlington Mill. Free. Register, 703-228-7369.

Aspects of Chinese culture, Tuesday, Oct. 13, 10 a.m., TJ Comm. Center. Free. Register, 703-228-4403.

Influence of movies and art on history, Tuesday, Oct. 13, 11:15 a.m., Lee. Free. Register, 703-228-0555.

Volleyball, Tuesdays, 1:30 p.m., Langston-Brown. Free. Register, 703-228-6300.

Belly dance class, Tuesdays and Fridays, 10 a.m., Lee. Free. Register, 703-228-0555.

Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

Arlington Mill Trekkers, Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

Table tennis, Tuesdays, 10 a.m., -12 p.m., Walter Reed. Free. Register, 703-228-0955.

Poker games, Tuesdays and Thursdays, 10 a.m.-12:30 p.m., Lee. Register, 703-228-0555.

Hand dancing demo, Wednesday, Oct. 14, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

Free hearing screenings, Wednesday, Oct. 14, by appt., 10 a.m. - 12 p.m., Culpepper Garden. Register, 703-228-4403.

Duplicate bridge, ACBL sanctioned, Wednesdays, 10 a.m., Aurora Hills. \$5. Register, 703-228-5722.

Understanding municipal bonds, Thursday, Oct. 15, 4 p.m., Langston-Brown. Free. Register, 703-228-6300.

Oral health, disease and prevention, Thursday, Oct. 15, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

The most important topics in world history, Thurs., Oct. 15, 1 p.m., Culpepper Garden. Free. Register, 703-228-4403.

Lee Woodcarvers share woodcarving tips, Thursdays, 1 p.m. Free. Details, 703-228-0555.

Scrabble games, Thursdays, 1 p.m., Culpepper Garden. Free. Details, 703-228-4403.

Radio and TV comedy classics, Friday, Oct. 16, 10:30 a.m., Aurora Hills. Free. Register, 703-228-5722.

Oktoberfest, traditional food and music, Friday, Oct. 16, 1:30 a.m., Langston-Brown, \$6. Register early, 703-228-6300.

Ballroom Dance, Friday, Oct. 16, 1 p.m., Lee. Free. Register, 703-228-0555.

Lee Walkers, Lee Senior Center, Fridays, 9:30 a.m., \$4. Register, 703-228-0555.

Fast-paced walking group, Fridays, 8 a.m., Aurora Hills. Free. Register, 703-228-5722.

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Senior Living

819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t
The Connection

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.

NVSO Gold Medalists

Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Wever, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89,

Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Woodbridge and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool Basketball free throws, field goals and 3 on 3 games took place at the Thomas Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were

held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea; (men), 50-59, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis,

Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Springfield; **nine ball pool**, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

For more results, see www.connectionnewspapers.com